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Buddhism: Buddhism For Beginners: The Complete Introduction To Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1)

BUDDHISM FOR BEGINNERS

The Complete Introduction to Buddhism,
Meditation Techniques, Acceptance, & Spiritual Practice



2ND EDITION

Brit W. Anders



Synopsis

The Path to A Joyous Life Starts Here..
BONUS MATERIAL AVAILABLE
INSIDE
2ND EDITION: New & Improved Expanded Material (2016)
Looking to Increase Your Quality of Life? Want to Gain Resilience to Life Circumstance? Want to Bring More Joy into the World? Interested In Buddhism? Want to Understand it In Simple Terms? Look no further, "Buddhism for Beginners", is Your Guide. The purpose of this guide is to inform you of exactly what you need to know to get started living a life of inner peace & happiness with Buddhism. Inside the book, I cover the life of Buddha. You'll find out what Buddha's exact teachings were; in this way you can understand the origin of Buddhism. You'll learn about the Eightfold Path. I'll take you through the various schools of Buddhism. I'll get you started with understanding meditation and the primary types of meditation. As a Buddhist myself; I provide you with a variety of reliable resources, and much more..."Pain is inevitable, Suffering is optional" - Haruki Murakami
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Customer Reviews

This book is a very helpful introduction to Buddhism especially for beginners like me. The author made sure to explain things clearly and continue to define words throughout the entire book, just to help the reader stay on track. It provided a great overview of traditional Buddhist viewpoints and beliefs, and answered practically every initial question I had. It is easy to read and easy to understand, and helped clarify many points that often cause confusion. I would highly recommend this book to anyone who is interested in learning about Buddhism.

Very good summary book. Not good for actually starting the meditation, though he mentions the basic (and most fundamental) meditation technique, the 'meditation' on breathing. Believe to get started on the meditation as a beginner might need a bit more information and guidance to feel confident on the practice. A good reminder of the basic meditation technique. It gets five stars for its history and schools of thought and good discussion on this is not a 'religion.'

There is something very valuable in this book .Its a great work from the author .Buddhism is a good way of life , a peaceful life . I am very curious on such topics like different culture and like to know deeply in them .This book have everything about Buddhism . The author also share his experience on this book .I this book he present Basics and a small introduction into some of the practices : just what you really need to know about the tradition of Buddhism to gain some measure of understanding and its in this book . Very nice reading .

Buddhism, meditation, Karma are all terms I have been hearing a lot, for a lot of time. I downloaded this book to learn more about this religion and all these concepts. Just as I thought, Buddhism is the religion not only of general peace but, most of all, of inner peace. This was a simple, seriously written book. Reading about the history and splits of the groups was interesting. It makes clear how and why Buddhism has evolved over the years to today's beautiful religion.

Simply put: this book is amazing. I simply fell in love with how this author took something that can be so intricate and made it easier to understand. After reading this, I am definitely interested in exploring this deeper. I recommend this to anyone who may be curious about the practice of Buddhism.

Great beginner book

I loved this very inspirational book on Buddhism as it actually helps you understand the importance of life and teaches you not to waste time on petty things and instead improve the quality of life and be happy and successful. I was impressed, hence passed it on to my mother as well and she too seemed to like this book a lot.

This is a great read for anyone wanting to live a more compassionate life. I truly enjoyed the simplicity of the words.

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